

## ABSTRACT

The present system combines image morphing technology, exercise programming, supplement sales, and motivational techniques into one product. Users begin by entering their current measurements, measurement goals and current picture into the system, preferably via a Web site. The picture is segmented into body components, and each affected segment is morphed based upon the measurements, goals, and the segment's responsiveness to weight loss in order to create a modified image representative of the user in a post-regimen condition. This system helps health and fitness businesses obtain new members and retain existing members by showing the members how they will look after following a specific regimen of diet and/or exercise. The system also predicts health risks of diabetes, heart disease, and stroke associated with the user's pre-regimen and post-regimen conditions.